

WHAT IS CLAIMED IS:

1. A conduit body assembly, comprising:
 - a conduit body including an elongate sidewall having an open upper end, a closed lower end, and a conduit body interior;
 - at least one hub extending from said body in communication with said body interior, said hub defining an access port for passage of wire therethrough; and
 - glide means arranged within said body interior adjacent said access port for providing reduced frictional engagement with said wire passing through said access port.
2. The conduit body assembly according to claim 1, wherein said glide means comprises at least one glide bar supported by said sidewall.
3. The conduit body assembly according to claim 2, wherein said glide means further includes a pair of opposed glide bar holders on said sidewall for supporting said glide bar across said access port.
4. The conduit body according to claim 3, wherein said glide bar comprises an elongate U-shaped member having inwardly turned lips at ends thereof.
5. The conduit body assembly according to claim 4, wherein said glide bar holder comprises a pair of opposed U-shaped members, wherein said lips of said glide bar may be urged over said pair of opposed U-shaped members, said holder being configured so as to be releasably attachable to said pair of opposed U-shaped members.
6. The conduit body assembly according to claim 4, wherein said holder is formed of a lubricious material.

8. The conduit body assembly according to claim 1, wherein said conduit body is formed from a metallic material.
9. The conduit body assembly according to claim 8, wherein said metallic material is selected from the group consisting of steel and aluminum.
10. The conduit body according to claim 1, wherein said conduit body is formed from a non-metallic material.
11. The conduit body assembly according to claim 10, wherein said non-metallic material is selected from the group consisting of a polyvinyl chloride, a nylon, and a high density polyethylene.
12. The conduit body assembly according to claim 1, further comprising a cover positionable over said upper end of said conduit body.
13. The conduit body assembly according to claim 12, wherein said cover includes an essentially uninterrupted surface which conforms to said rim of said conduit housing.
14. The conduit body assembly according to claim 13, wherein said cover is formed from a transparent material.
15. The conduit body assembly according to claim 12, wherein said conduit body and said cover are made of vacuum form of plastic.
16. A conduit body assembly, comprising:
 - a conduit body including an elongate sidewall having an upper end and a lower end, wherein said upper end has a rim along a perimeter thereof defining a conduit body opening;
 - a lower wall connected to said lower end of said sidewall;

- 5 a plurality of hubs, each hub extending from one of said sidewall and said lower wall, said hub defining an access port;
- a plurality of glide bar holders, wherein each holder includes a pair of opposed u-shaped members connected to an interior of said sidewall proximate to one of said access ports; and
- at least one lubricious glide bar configured so as to be releasably attachable to said glide
10 bar holder.
17. The conduit body according to claim 16, wherein said glide bar comprises a U-shaped member having lips at ends thereof, wherein said lips may be urged over a corresponding glide bar holder.
18. The conduit body assembly according to claim 16, wherein said plurality of hubs comprises a first hub on a curved portion of said sidewall and a second hub on said lower wall distal from said first hub.
19. The conduit body assembly according to claim 18, wherein said glide bar is made from polytetrafluoroethylene.
20. A method of pulling wire through a conduit body, wherein said conduit body includes an elongate sidewall having an open upper end, a closed lower end, and a conduit body interior, at least one hub extending from said body in communication with said body interior, said hub defining an access port for passage of wire therethrough, at least one pair of opposed glide bar
5 holders on said sidewall and at least one glide bar supported by said glide bar holders, said method comprising the steps of:
- placing said glide bar over said glide bar holder, wherein said glide bar holder includes a pair of opposed protrusions connected to said conduit body interior proximate to said access port for wires, and said glide bar includes a U-shaped member having lips at ends thereof, wherein
10 said lips may be urged over said glide bar holder; and
- pulling said wire through said access port of said conduit body into said conduit body interior.

21. The method according to claim 19, further comprising the step of removing said glide bar after said pulling step.
22. The method according to claim 19, further comprising the step of placing a second glide bar over a second glide bar holder before said pulling step.